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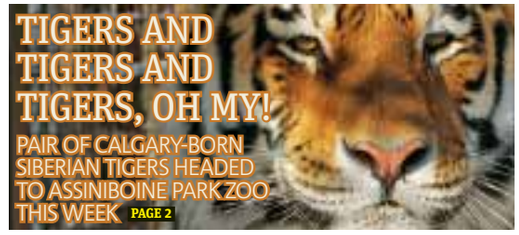
Calling all carbs, calling all carbs: Some police units struggling to find fit recruits PAGE 6



Bachman-Turner Overdue

Guitar heroes: Randy Bachman, left, and Fred Turner pose for a photograph in Toronto in 2010.
NATHAN DENETTE/THE CANADIAN PRESS FILE

Takin' care of business. With spats over lineups and name claims behind them, Winnipeg's BTO is headed to the Canadian Music Hall of Fame

When Bachman-Turner Overdrive thunders into the Canadian Music Hall of Fame at the Juno Awards in March, the honour may well feel overdue.

More than a decade ago, the Canadian Academy of Recording Arts and Sciences was ready to induct BTO, but various members were still ensconced in conflicts over who had the rightful claim to the band's name and which lineup precisely would be ushered in.

Such spats now seem a distant memory, and each of the four band members being inducted — the lineup of Randy Bachman, Fred Turner, Blair Thornton and Robbie Bachman — insists no hard feelings will remain when they're appropriately beckoned into the Hall in their hometown of Winnipeg.

So, what changed?

"It took decades, but we all grew up," Randy Bachman said in a telephone interview. "As in any family, as in any band, as on any team, as in any relationship, there are bound to be ... differences. And some of the differences are irreconcilable and some of them are really tiny, stupid, little petty things and some of them are big things. But as time goes by and you grow up as an adult ... you look back at it and go, 'Wow, the guy was an absolute jerk and guess what? I was a jerk too in my own way.'

"What in the end matters is, in our own way, we went out ... for our own little period of time, we became something. A band that other bands wanted to be like."

Not bad for a quartet that Bachman frankly points out didn't look the part of pin-up pop stars.

"We couldn't afford clothes. We wore jeans and T-shirts and flannel shirts. We looked like the boys next door who would take your grandmother's garbage out to the curb," he said with a laugh. "We weren't pretty boys in silver leotards with eye makeup. We were the fat guys next door. We were like Seth Rogen when he started.

"We were average guys that would have worked at a gas station. We were blue-collar guys."

THE CANADIAN PRESS

More and more hits

"(We) had no hit singles, just sheer force of determination. And then suddenly the hits started to come, like Let It Ride and Takin' Care of Business and You Ain't Seen Nothing Yet and Looking Out for No. 1 and Hey You. ... Suddenly you go from super cold to super hot."

Randy Bachman, of Bachman-Turner Overdrive, who are headed to the Canadian Music Hall of Fame at the Juno Awards in March

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EPC meeting

Flip-flop on Winnipeg police HQ audit was expected: Katz

Tuesday's surprise announcement from two members of the mayor's executive policy committee that they now support an audit into cost overruns at the new downtown police headquarters was apparently no surprise to Sam Katz.

Both Couns. Brian Mayes (St. Vital) and Jeff Browaty (North Kildonan) told reporters Tuesday they'd switched positions on the audit, which had previously been voted down by council 9-7.

But the mayor told reporters outside Wednesday's EPC meeting that all members of EPC save one had actually met Monday and agreed to support the motion to look into why the project is $75 million over budget.

"Many members of EPC still believe (the audit) would not be money wisely spent, but the realities are, I think they're just getting tired of being lobbied," he said. "Most importantly, they want to bring as quick a closure to this as possible."

However, after reading the mayor's comments Wednesday, Mayes told Metro he doesn't feel Katz is telling the whole story.

"My view is (the audit) was discussed, (but) I didn't feel consensus had been reached," he said. "But I'm happy that we're moving forward to supporting an audit."

Councillors are expected to make a motion to revisit the audit vote Jan 29.

SHANE GIBSON/METRO

Snow clearing keeps crews busy

As Winnipeg saw nearly every winter condition imaginable Wednesday — including high winds, snowfall and even reports of freezing rain — the city's top snow shoveller said crews are working day and night to keep the streets clean.

"I think the snow for the most part has passed through, but right now it's how we're going to manage the winds," said the city's manager of streets maintenance, Jim Berezowsky, at a noon-hour press conference. "It's a dynamic weather that we're seeing right now, where the temperature increase and fluctuations that are generally spread out over a longer period of time are now transitioning much quicker."

Berezowsky said somewhere in the neighbourhood of 300 pieces of equipment are out battling the yo-yoing winter weather, with major routes taking priority.

The city is implementing a declared parking ban on all major snow routes starting Thursday at midnight, meaning cars will have to be moved by midnight instead of 2 a.m.

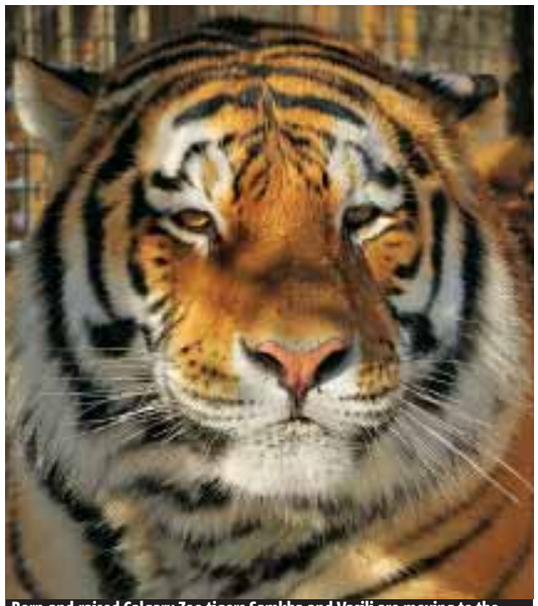
SHANE GIBSON/METRO

On the web

For more local news go to metronews.ca

Winnipeg's manager of streets maintenance Jim Berezowsky
SHANE GIBSON/METRO

Calgary Zoo tigers heading to Winnipeg



Born-and-raised Calgary Zoo tigers Samkha and Vasili are moving to the Assiniboine Park Zoo in Winnipeg. BRYAN WEISMILLER/METRO

Species survival. The Siberian or Amur tiger is considered a highly endangered species, with only 400 left in the wild

Calgary Zoo goers have only days left to say "do svidaniya" to the park's Siberian tiger brothers, with the Calgary-born big cats bound for Winnipeg's Assiniboine Park Zoo this week.

Keeper Colleen Baird acknowledged two-year-old Samkha and Vasili will be missed, but contended the boys must now sow their wild oats away from home.

"It's time for them to go and find a territory and girl of their own — all that kind of grown-up stuff," Baird said Tuesday.

The Siberian or Amur tiger is considered a highly endangered species, with only 400 left in the wild, according to a census. With that in mind, zoo officials billed the move an important part of species survival efforts.

Sibling Kira, meanwhile, will remain behind — along with parents Baikal and Katja, and Kita.

That group will stick around until Kira gets the thumbs-up to breed. Baird suggested Katja is serving as a good role model for her now adult-sized cubs.

"She teaches them how to hunt ducks," she said. "She's doing her motherly thing and showing them how to be cats."

Michelle Ralp, her husband and the couple's two-year-old daughter were saddened to hear of the impending departure.

"It's sad because they're beautiful," Ralp said Tuesday, outside the exhibit.

The tigers are expected to make a smooth transition to the Assiniboine Park Zoo, according to Baird.

BRYAN WEISMILLER/METRO IN CALGARY

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In Winnipeg

Katy Perry, Bruno Mars announce tour dates

Katy Perry will be making a stop in Winnipeg in the summer, and so will Bruno Mars.

The pop princess will head to the MTS Centre on Aug. 26 as part of her Prismatic World Tour. Bruno Mars had already announced a tour stop in Winnipeg, but a date was nailed down this week and he'll be in town at the MTS Centre on Aug. 2. METRO

Investigation

Suspect sought after approaching two girls

Police are on the lookout for a suspect after a man in a van offered candy to two young girls in the East Elmwood neighbourhood over the lunch hour Tuesday. The girls are aged nine and 10. The man is Asian in appearance with a dark complexion, about 30 years old, with an average build, dark jaw-length hair and a mole between his nose and lip, police said. METRO

‘Girl’ prospector Kate Rice honoured for mining first

Turn of the century. Beauty made home in the Manitoba bush to mine for minerals

Kate Rice was so brilliant she could have done anything, and her family was so wealthy she could have done nothing at all.

One hundred years ago, the adventurous, tough-as-nails beauty from southern Ontario set out for the rugged Manitoba wilderness with a shotgun and snowshoes in search of treasure.

She never struck it rich, but she did discover the first nickel deposits in the province and made headlines across the continent as Canada’s first “girl” prospector. “Living in the middle of nowhere, depending solely on yourself. ... I know how hard it is to work in a man’s world,” says Toronto businesswoman Linda Rice, 60, who recently found the mining legend’s name on a branch of her family tree.

She is so proud that she and her father will be attending a ceremony in Toronto on Thursday, where her ancestor will be formally inducted into the Canadian Mining Hall of Fame. Kate Rice died in 1963 at 80.

She was “no dummy,” says MaryAnn Mihychuk, president of Women in Mining Manitoba. Mihychuk added that Rice introduced the use of borax in metal testing in the West. She also designed a hydro-electric dam which she had hoped would power one of her mines someday.

She penned scientific papers about the northern lights and dabbled in journalism by writing articles for the Toronto Star. She later added commercial fisher and market garden grower to her list of accomplishments. Rice never married. As her feats became known across Canada, she provided inspiration for other women, says Mihychuk. She was once quoted about how more women would be prospecting if they knew how thrilling it was.

“No woman need hesitate about entering the mining field because she is a woman,” said Rice. “It isn’t courage that is needed, so much as perseverance.” THE CANADIAN PRESS

‘... or I’ll have to shoot’

Rice was a stunner. Mihychuk recalls a tale of how a burly Frenchman once started inching over to Rice while they were sleeping in a shared cabin. “Here’s this Angelina Jolie sleeping in this cabin, and he’s coming over with intentions. She picks up her axe and her rifle and puts the axe down between them. And she says, ‘Just don’t touch my axe or I’ll have to shoot you.’”

Kate Rice at her cabin in northern Manitoba in a handout photo. PHOTOGRAPH COURTESY OF ST.MARYS MUSEUM IN ST.MARYS, ONTARIO

Winnipeg inmate pedaling to raise money for cancer

Patrick Shingoose, 58, is fundraising while in prison. SHANE GIBSON/METRO

Patrick Shingoose isn’t letting a stint in prison stop him from helping in the fight against a disease that two years ago took his daughter.

The 58-year-old, who is halfway through a nearly year-long sentence for impaired driving at the Winnipeg Remand Centre, is using his allotted time on the institution’s stationary bike for a unique fundraiser for the Canadian Cancer Society.

“I have a lot of time to think here and I started thinking of my daughter,” explained Shingoose about what led him to start a one-man bike-a-thon. “I’m just sitting here anyway.... I want to raise money and help out as much as possible”

Before starting his sentence last August Shingoose hadn’t spent much time on bicycles, but now the former long-time smoker said he’s able to do as many as 35 miles per hour.

His goal is to have cycled 1,400 miles by the time he’s released in July, and he’s well on his way — checking the yellow pad he uses to keep track of his total, Shingoose tells Metro he’s already hit the 700-mile mark.

As well as sponsoring himself five cents per mile from the money he earns helping out around the jail, he’s asking family and friends — both inside and outside the prison — to pitch in too.

“I’ve told the guards about it and they’re really impressed, and the other fellows here are too,” said Shingoose, whose brother and cousin are also battling cancer. “They’re phoning home and telling their families to help out.”

To donate to Shingoose’s campaign go to convio.cancer.ca/goto/bike2014.

SHANE GIBSON/METRO

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Canadian who joined militants killed in Syria

Damian Clairmont. 22-year-old Calgary man is believed to have converted to Islam and joined recognized terrorist group

JEREMY NOLAIS
Metro in Calgary

A Calgary high school dropout has been killed by soldiers with the Free Syrian Army while fighting for a recognized terrorist group, according to a friend's online post.

Damian Clairmont, 22, born in Nova Scotia, is believed to have converted to Islam, joined a force called Jabhat al-Nusra and departed for Syria in late 2012 to join rebel efforts to overthrow the government of President Bashar al-Assad.

Damian Clairmont FACEBOOK

"My bro … Abu Talba al-Canadi executed by FSA!" wrote Abu Turan al-Muhaljr on Twitter, before posting a photo of Clairmont, who was known by multiple names.

Al-Muhaljr later identified the man in the photo as Clairmont and added that he "was killed while defending himself and his brothers from the FSA onslaught in Aleppo."

But Canadian Foreign Affairs officials offered no specifics on Clairmont's fate amid inquiries made Wednesday.

"We are aware of reports that Canadians have been killed in Syria," said spokesperson Jean-Bruno Villeneuve in an emailed response. "We are following the situation closely."

An unnamed Canadian security source did confirm Clairmont's death to Torstar News Service, but did not provide specifics on the circumstances.

WITH FILES FROM TORSTAR NEWS SERVICE

Police: Danish tourist gang-raped in India

A policeman stands outside the police station which is investigating the gang-rape of a Danish tourist in New Delhi, India, Wednesday. The 51-year-old tourist was allegedly raped near a popular shopping area in New Delhi after she stopped to ask for directions, police said Wednesday, the latest case to focus attention on the scourge of violence against women in India. The woman managed to reach her hotel in Paharganj area Tuesday evening and the owner called police. TSERING TOPGYAL/THE ASSOCIATED PRESS

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Investigation finds Google displaying illegal web ads

Upgrades coming. Canada's Privacy commissioner is also pushing the company to make it easier for consumers to be heard

Google has been caught afoul of the law by displaying web ads linked to a person's health history, according to Canada's interim privacy commissioner Chantal Bernier.

An investigation by her office backed up a man's complaints that he was seeing so-called behavioural advertisements based on his web browsing history. After searching for information about devices to treat sleep apnea, he began to see ads for those devices as he browsed the web.

While behavioural advertising is not illegal, Canada's privacy law does not allow consumers to be targeted based on "sensitive personal information," including their health.

Google's privacy policy outlaws displaying advertisements based on race, religion, sexual orientation or health. But the Mountain View, Calif.-based company acknowledged that some advertisers using its ad-serving platform were not following the policy.

Google has pledged to upgrade the system that reviews ads for compliance, increase the monitoring of ads and provide more information to advertisers and staff about the rules.

"The monitoring system was not tight enough, not robust enough to ensure compliance; it wasn't extensive enough to deal with the volume of ads," said Bernier in an interview.

"What this brings to light is the complexity of ensuring compliance in relation to online behavioural advertising and therefore the compliance mechanisms, the monitoring, the training of staff, the frequency of reviews has to be really brought up."

The company, which declined an interview request, said it will implement the changes by June.

"We've worked closely with the office of the privacy commissioner throughout this process and are pleased to be resolving this issue," said a Google Canada spokeswoman in a statement.

THE CANADIAN PRESS

Abortion clinic protest rules up for debate

Alan Hoyle, of Lincolnton, N.C., stands outside the U.S. Supreme Court in Washington, D.C., on Wednesday. The court heard arguments on the regulation of protests at abortion clinics and seemed likely Wednesday to strike down a Massachusetts law setting a 10-metre protest-free zone outside clinics.

EVAN VUCCI/THE ASSOCIATED PRESS

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Your country needs you ... to lose some weight

Best and brightest, but not always lightest.
Police units and armies struggle to find recruits who are fighting fit

ELISABETH BRAW
Metro World News in London, U.K.

Recently Mike Harper ran into the wife of a police officer friend on a Dallas street.

"She told me she was worried about his safety because his colleagues are overweight," he recalls.

The wife had good reason to be concerned. Even though American police officers should be fitter than average, a comprehensive study reports that they're less fit than half of the population.

"They have to be able to crawl and run," notes Harper, a fitness educator in charge of police and military programs at the Cooper Institute in Dallas.

"These are not tasks that you do every day, but it's critical that you're able to do them. It's like using a firearm. You don't need it every day, but when you do need it, it's essential that you know how."

And police officers are not the only ones with a weight problem. According to Lt.-Gen. Mark Hertling, no less than 75 per cent of civilians wanting to join the U.S. Army are ineligible due to being overweight.

And "of the 25 per cent that could join, what we found was 65 per cent could not pass the (physical training) test on the first day," he said in a speech.

"Young people joining our service could not run, jump, tumble or roll. These are the kind of things you would expect soldiers to do if you're in combat."

According to the U.S. National Center for Health Statistics, between 1959 and 2008 the percentage of men who were ineligible for military service because of their weight doubled, while the percentage of ineligible women tripled.

Even though Hollywood portrays army physical training as extremely gruelling, the fitness test for new soldiers is surprisingly low.

"Fifty push-ups, 40 sit-ups and a 1.5-mile run in less than 10 minutes," notes Stew Smith, a former Navy SEAL who now runs a fitness company for soldiers and officers.

Now armed forces and law-enforcement agencies are getting serious about fitness, enlisting companies like Smith's and the Cooper Institute to train their staff. Some, like the British Army, have even developed apps to help applicants get fit. In fact, many former elite soldiers have discovered a business niche in fitness companies.

However, fitness apps won't really make a difference, observes Smith.

"The police and military do their best with what society brings them, but this is a society-wide problem. A financially struggling population will keep eating crappy, inexpensive food."

Fat chance: While experts contend that police officers should be in prime physical state, in truth they have the same weight problem as the rest of the population. GETTY IMAGES

Stew squat: Former Navy SEAL turned fitness instructor Stew Smith puts police officers through a squatting exercise. COURTESY STEW SMITH

Russia

Rotund get rejected

In recent years, Russia's much-maligned police force has been trying to revamp its image, including tackling obesity among officers.

"The fat and paunchy will not get through," former interior minister Rashid Nurgaliyev said in 2011.

The force was literally slimmed down by 20 per cent. Police are now obliged to pass physical tests, with top performers getting a bonus salary. **EVGENIY MORUZ/ METRO WORLD NEWS IN MOSCOW**

Canadian Forces work with what they've got

It's hard enough to attract recruits to the Canadian military or police forces without worrying about fitness.

An internal Defence Department audit released last year noted that "fitness and education levels of recruits in the last five years have been slightly lower than in the past," when compounded with other factors such as mobility, changing career expectations and an aging workforce.

Recent reports show that American police and armed forces are struggling to find new recruits who satisfy the weight restriction.

It's slowly becoming the case in Canada too. The Canadian Forces have been adapting their application process to accommodate its changing applicant pool.

In 2006, the military eliminated the Canadian Forces Applicant Physical Fitness Test as a pre-enrolment screening process, with some exceptions.

Instead of a physical test right off the bat, the evaluation is done once they've been admitted to basic training. The three per cent that fail are not disqualified — rather, they are given the option to join the 90-day Warrior Fitness Training Program.

Recruits who get in shape within the 90 days are returned to basic training.

But the changes don't necessarily mean the Canadian Forces are lowering their standards to bring in more recruits, according to Christian Leuprecht, a Royal Military College and Queen's University professor who has spent years studying military demographics and recruitment.

"I think it's important to realize — just like the way companies can't expect the people who wander through the front door to have all the skills that a company might need and that a company invests in training — the Armed Forces look at the potential that the candidates bring rather than necessarily candidates that already have all the physical attributes that the organization is looking for," he said.

PHOEBE HO/FOR METRO IN TORONTO

True calibre

"I think the challenge is not necessarily recruiting the numbers. I think the challenge is recruiting the quality of individual that the Canadian Armed Forces is looking for."

Christian Leuprecht, Royal Military College and Queen's University professor

Has Colorado gone to pot?

High prices a buzzkill. While legal marijuana dispensaries bring in the green, issues have blunted enthusiasm

KIERON MONKS
Metro World News

There has been a party atmosphere around Colorado's marijuana dispensaries since recreational sales became legal at the turn of the year.

"People have been queuing for four to five hours," says Ryan West, an employee at a Denver dispensary. "Everyone is so excited and proud to be in the first state to legalize, and there is so much room to grow."

West is a product of that growth, hired on Jan. 1 to cope with a boom that saw sales of more than $5 million inside the first week. Fewer than 200 dispensaries are licensed to sell the drug for recreational use and that number is set to rise, while related industries such as "weed tourism" are also growing rapidly.

But there have been unintended consequences, with prices more than doubling in some cases to more than $400 US an ounce (28 grams). This is far higher than the rates of illegal dealers, allowing them to compete, despite the claims of marijuana advocates that a legal industry would replace the black market.

Illegal dealers are also benefitting from police confusion over new laws that have seen an 80 per cent drop in prosecutions since 2012, including for distribution. "Law enforcement feels like they don't know which way to turn," Tom Raynes, executive director of the Colorado District Attorneys' Council, told the Denver Post.

Campaigners supporting legalization believe these issues are temporary glitches.

Sam Walsh, left, a budtender, and facility manager David Martinez set up marijuana products as the 3D Denver's Discrete Dispensary prepares to open for retail sales on Jan. 1 in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on New Year's Day. THEO STROOMER/GETTY IMAGES

Daddy, I got $500 in dragon food! Apple to refund $32M in app purchases by kids

Apple will refund at least $32.5 million US to consumers to settle a federal case involving purchases that kids made without their parents' permission while playing on mobile apps, the government announced Wednesday.

The Federal Trade Commission said Apple will make full refunds for any such in-app purchases made by kids using mobile phones and other devices, and incurring charges by accident or without parents' permission.

Apple will have to change its billing practices to make it more obvious that an actual purchase is taking place during the course of the game or app.

The commission said it had received tens of thousands of complaints about unauthorized charges.

Edith Ramirez, the agency's head, said the settlement involves mobile apps and charges racked up when kids bought things such as virtual currency or dragon food. In some cases, Ramirez said, charges ran into the hundreds and even thousands of dollars. THE ASSOCIATED PRESS

Clicks added up

According to the Federal Trade Commission complaint, when parents entered their password while a child played a game, Apple did not make it clear that they unwittingly may be buying something in the game the child had clicked on, such as a chest of gems or treats and coins for a virtual pet.

Backlash to the backlash

Oil has been unfairly cast as a 'villain': Oil CEO

Canadians are being misled about the oilsands by critics and celebrities making "sensational" and "unfounded" allegations, the chief executives of two of Canada's biggest energy companies said Wednesday.

"Like a character in a Hollywood movie, oil has been cast as a villain," Cenovus Energy president and chief executive Brian Ferguson said during a panel discussion at the Canadian Club of Toronto. THE CANADIAN PRESS

Market Minute

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metro

THE EH-LIST: THE BEST OF CANADA

HE SAYS
John Mazerolle
metronews.ca

It's time to thank everyone you know, strike up the band (mid-sentence) and put one foot in front of the other, before a smiling woman in heels points out you're walking in the wrong direction.

Yes, it's awards season. I'd have described it better, but I didn't think I'd be called upon for this honour so I didn't prepare anything.

The Golden Globes have been handed out, the Oscar nominations were announced today, and The Canadian Screen Awards are back one year after they first combined the Genies and the Geminis into the coveted Geminenies.

The CSAs seemed to meet our country's high standards, which is why I was excited to have full, exclusive access to this year's show, which was pre-recorded yesterday and remains distinctly Canadian despite some faint U.S. echoes:

Red carpet. Oh, my. The recurring themes this year were boots and Roots! And you've never seen such an array of plaid. I don't want to give away who everyone was wearing, but let's just say it was a very good year for French designer Jacques Cousteau.

In memoriam. A video montage of all the great entertainers we lost in 2013 is intercut with smug Canucks saying, "They were Canadian, y'know" at every opportunity.

Orchestra pit. By law, 40 per cent of the orchestra's play-off music was CanCon. Also by law, 40 per cent of that was New Orleans is Sinking.

Lifetime achievement award. The City of Toronto was honoured for its recurring, lifelong film portrayal of Chicago.

Big Winners. I'm sworn to secrecy or the Trailer Park Boys will mess me up, but here are the top contenders:

Gravity Canada: Same as the American version, except Perfect Human and Everyastronaut Chris Hadfield plays the George Clooney role, meaning nobody dies, none of the space stations are destroyed, and he puts the satellites back together while holding a video town hall with schoolchildren in Sarnia.

Canadian Hustle: One hundred and thirty eight minutes of Mike Duffy coverage, captured in the tagline, "If you thought cameras weren't allowed in the Canadian Senate, think again."

Blue is the Coldest Colour: Set during February in Edmonton, the movie's lesbian love scenes aren't much to look at because they happen under 27 layers of blankets.

Her, eh?: A lonely writer falls in love with his BlackBerry. She loses most of her self-worth and he moves on to his new girlfriend Siri after a couple of weeks.

Conrad Black: Protracted Constitutional to Freedom: This stirring story brought to you with funding from Conrad Black deals with one of Canada's greatest heros as he struggles valiantly against oppression, including being thrown in jail and even stripped of his nationality. Each ticket-holder is given a dictionary and thesaurus upon entrance.

That's my sneak peek, Canada! I have very little time left but I'd just like to thank —

(New Orleans is Sinking.)

Aw, nuts. Sorry.

ZOOM

Sending up some protection

CHUNG SUNG-JUN/GETTY IMAGES

Anti-NK balloons fly over border

North Korean defectors, including former soldiers, release prophylactic-shaped balloons due to fly to the North, carrying leaflets condemning North Korean leader Kim Jong-un.

Letters on the balloons at the rally near the demilitarized zone between the two Koreas read: "End the world's worst three-generation dictatorship." METRO

By the numbers

500,000
Anti-North Korea pamphlets.

1,500
USB flash drives loaded with the Korean-language version of the online encyclopedia Wikipedia.

1,000
United States one dollar bills and DVDs detailing human rights abuses in the North.

Activist's viewpoint

"There is clearly enormous hunger for outside information in North Korea. USB keys are one of the most powerful tools, because they're small, can be hidden and shared easily, and carry massive amounts of data."

Thor Halvorssen, president of the U.S.-based Human Rights Foundation

Sending a signal: Around 50 tiny transistor radios were also included in the floating packages headed to North Korea.
CHUNG SUNG-JUN/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

Wasting time surfing the web shouldn't be a regular activity but sometimes, you just have to. Here are some sites that I guarantee: Just one click will get you hooked.

SCREEN GRAB

ChinaSMACK: A website devoted to news about the world's most populous country is bound to be fascinating. Founded in 2008, ChinaSMACK posts stories found in Chinese media that are trending on microblogging sites like Weibo. Most of the articles have been translated from Chinese to English, so the quality of the writing isn't great, but you won't care once you start reading some of the crazy stories being talked about amongst Chinese netizens. Learn what a "human flesh search" is.

Distractify: One of the newer entries on the web, this site is similar to Buzzfeed, often posting entertaining, albeit useless articles. Wouldn't you like to learn about 'The 29 most infuriating things EVER?' Business Insider has called Distractify one of the fastest growing sites ever, with over 10 million Facebook shares since its launch in October.

Upworthy: This social media site posts viral articles that encourage debate amongst its readers. They say they will not clutter the site with "pageview-juking slideshows," but do admit the site is biased, hence "speaking the truth." It can get a little spammy with pop-up ads, since they don't make any actual money yet.

Twitter

Google is in trouble for ads based on health info searches. @metropicks asked: Do ads like this make you feel violated?

@RobbieRobb: If I search online for anything I expect it to be fair game for advertising.

@Russell_Barth: google is YET to suggust any Medical Marijuana products or sites, oddly....

Comments

RE: New facial recognition app 'creepy', says kids entertainer Raffi, published online Jan. 10

Facial recog is only getting better and will never go away. The moment we sent our single photo to the cloud, our faces became public property, worse, all your info and images on FB belong to that company, meaning that they can even sell them if they so wish

johnnyive, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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Perfect strangers paired for festival's opening performance

New Music Festival.
Modern classical music fest will include work by Frank Zappa

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

The New Music Festival — the Winnipeg Symphony Orchestra's annual celebration of contemporary classical music — prides itself on delivering innovative programming. So what better way to break new ground than with the man who led The Mothers of Invention?

"The idea (for the 2014 festival) started with this whole Frank Zappa, Pierre Boulez kernel," says Alexander Mickelthwate, WSO music director.

"Zappa, a total rock musician in the '70s, also composed a little bit for ensembles.

"One of the most famous classical composers ever, Pierre Boulez, I don't know how he discovered Zappa, but he suddenly conducted him (on 1984's Boulez Conducts Zappa: The Perfect Stranger), which was like, if a Christian went to Mecca or something."

Mickelthwate will conduct Zappa's G-Spot Tornado and Boulez's Le Soleil des eaux as part of the NMF's opening night, Jan. 25 at Centennial Concert Hall.

Also on the program that evening is a Jonny Greenwood (Radiohead) reinterpretation of Polish composer Krzysztof Penderecki and an Owen Pallett (formerly Final Fantasy) re-imagination of Johann Sebastian Bach.

From the Mothers of Invention to a real-life inventor, NMF will present Tesla in New York on Jan. 26 at the Concert Hall.

The opera, about electrical wizard Nikola Tesla, is by independent film director Jim Jarmusch (Coffee and Cigarettes, Broken Flowers) and New York-based composer Phil Kline.

Also, for a second straight year, the NMF will include a pop component. Pop Nuit features performances by electronic musician Venetian Snares and psych rock band Mahogany Frog on Jan. 25 at Union Sound Hall and violin looping artist Hannah Epperson and saxophonist/Arcade Fire sideman Colin Stetson on Jan. 31 at Millennium Centre.

"He's (Stetson) a circular breathing saxophonist who makes this music that sounds nothing like saxophone. He's complete reinventing the way that instrument is played," says Matt Schellenberg, Pop Nuit organizer.

Schellenberg says Venetian Snares, aka Winnipeg's Aaron Funk, is better known abroad than at home. He says Canadians would benefit from being a bit more "open-minded" like European music audiences.

"Good music doesn't need to be beautiful, it just needs to make you feel, it needs to make you emote," Schellenberg says.

"I'm not saying (Venetian Snares) music isn't beautiful, I think it is, but it can be agitating and completely heart stopping."

Details

NMF runs Jan. 25-31.

- For a full NMF schedule, including artist, show times, venue and ticket information, go to new-musicfestival.ca.

The New Music Festival kicks off on January 25 at Centennial Concert Hall. COLIN STETSON

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Liam Payne. ALL PHOTOS GETTY IMAGES

Liam Payne apologizes for living on the ledge

One Direction member Liam Payne says he is sorry for being "stupid and irresponsible" after he was photographed standing on a building ledge 34 stories above the ground.

A photo published Wednesday in British tabloid the Sun shows the boy-band singer standing on the ledge of a high-rise with a city that appears to be London behind him.

The 20-year-old said in a statement that "I regret being there and having a photo taken. It was a stupid and irresponsible thing to do."

He urged fans not to imitate his "extremely dangerous" behaviour.

The band emerged from Simon Cowell's British TV series The X Factor in 2010 and became one of the world's top-selling groups, with three albums topping U.S. music charts.

THE ASSOCIATED PRESS

Lohan orders police protection for party

Lindsay Lohan likes to use protection, apparently. While in London this week, the scandal-prone starlet reportedly put in a call to the Metropolitan Police to provide an escort for a 10-foot walk from her car to a venue for a friend's birthday party, according to the Mail Online. Lohan apparently felt she needed the beefed up security detail because of a clutch of paparazzi waiting and she reportedly asked the police to arrest the photographers for loitering. METRO

Lindsay Lohan

The Word

Duff needed more marriage stuff from Comrie

THE WORD
Dorothy Robinson
scene@metronews.ca

It looks like Hilary Duff and her soon-to-be ex-husband, ex-NHL star Mike Comrie, tried marriage counselling for over 18 months before announcing their separation. But in the end, it wasn't enough to save their union as apparently Comrie didn't do "any of the things they'd worked on."

A source (aka: "someone from Huff's PR team") told Us Weekly, "She felt he didn't put enough effort into the relationship," they said. "He never did anything!"

One reason for the not-doing-stuff? Comrie had to retire from professional hockey in 2012 due to a constant hip injury.

A source to Life & Style echoes this sentiment. "He's in the house all day, every day," an insider tells the mag. "It was a strain on the relationship."

The couple announced two weeks ago that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to the toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "not an easy day but we're getting thru it together."

Gisele Bundchen

No Superbowl stress in the Bundchen-Brady house

It may be NFL playoff time in the Tom Brady-Gisele Bundchen household, but the stress doesn't carry over at home.

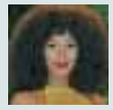
"He's very focused," the 33-year-old Bundchen said of Brady, quarterback for the New England Patriots, in a recent interview. "We are both very supportive of one another in what we do. ... Of course nobody likes to lose.

"Those aren't the best days. He knows he does his best. He works extremely hard."

The three-time Super Bowl champ and his New England Patriots travel to Denver to play the Broncos on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Twitter



@solangeknowles
Just called my bf to report hearing noises in the house. Go to check on my son, only to find out he's been up since 2 too. HE is the "noise".

@lenadunham
Did the thing I swore I'd never do: got a public massage at an airport kiosk. It hurts not to know yourself anymore.

@AnnaKendrick47
Aren't we supposed to have meals in pill form by now? Cause at least once a week I open my fridge and think "s---, I need to make water"

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Throw out the style rule book

Fashion magazines often try to rule our wardrobes with a vice-like, arbitrary and undiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all rubbish really, isn't it? And at the end of the day, don't we have enough intellectual capacity to know when something works and something doesn't? We enlisted Julie Ragolia, the fashion director of Man Of The World magazine who's styled Lady Gaga, to help us throw out the fashion rule book.

KIT GILBERT
Metro World News

Ripped jeans are for teenage girls and Britney Spears only

Ripped jeans are a sign of a journeyed and well-lived life. A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic.

Wearing one pattern head-to-toe is a bad idea

A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag…solid, strong pieces can tie it all together and break up a pattern before it goes bad. I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think.

Unless you are Alexa Chung, don't attempt to conquer double denim

As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary. I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. I often wear chambray shirts with vintage jeans and a denim jacket. Throw an oversized Navajo knit cardigan over the shoulder to break things up now and then.

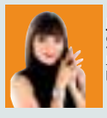
Midi skirts require six-inch heels

I'm a tomboy, and a busy fashion director, so super high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel.'

Be wary of costume pieces

To a degree, yes, however one statement piece, such as an oversized necklace, or ski-goggle-inspired sunnies, are costume done right.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Exploring the wonders of the deep at the new #RipleysAquarium Speaks to the #Pisces in me! Beautiful....

With my dear, beloved friend @BryanAdams in the throes of our shoot for @YorkdaleStyle #Yorkdale50

Canadian street style

Spotted in: Toronto

Name: Alexandria

Age: 22

Occupation: Graphic design student

What she's wearing : Jacket by Wilfred, backpack and shoes by Roots, shirt by T. Babaton, blazer/jacket by Zara, necklace by Marc by Marc Jacobs and pants by Guess.

Her inspiration : "My peers, blogs and my travels."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Known for its canals, architecture and art work, you will have days of exploring followed by nights of fine dining in Venice. GOODLUZ/SHUTTERSTOCK

Romantic hot spots

NATALIE LAVOY-FURTADO
2life

When planning a wedding away from home, there are myriad of destinations. To help you decide where to go, here are five romantic getaway ideas.

1 Aspen, Colo. What better way to feel all warm and fuzzy with your partner than to be on a cold getaway, cuddling by a fire. If you and your partner enjoy snowboarding then you will have the time of your life. And if not, they have snowmobiles and sleigh rides. Aspen is not just great for winter — visit in the summer to enjoy the Food and Wine Classic festival.

2 Antigua, Caribbean. Antigua is the sunniest island in the Caribbean, surrounded by coral walls, reefs, and shipwrecks. It is a very secluded spot for you and your partner to have some real alone time. Fun activities like sailing and scuba diving let you really take in the bright blue water and white sand combination.

3 Venice, Italy. This lovely destination is basically the same as it was 600 years ago, which adds to its character. With so many beautiful sights to see — the clock tower, Doge's Palace, and the Scuola grande di San Rocco just to name a few — you will have days of exploring followed by nights of fine dining.

Paris will always be a favourite romantic destination for couples. AD PASSION PHOTOGRAPHY/SHUTTERSTOCK

4 Punta Uva, Costa Rica. Punta Uva is a small town on the coast of Costa Rica. There is a beautiful open garden surrounded by butterflies and other exotic species that you can view by walking around. The beach is beautiful but the scenery is what takes the cake. A popular place to stay is The Tree House Lodge, which is located within one of the tropical gardens and is a perfect place to view monkeys swinging from trees.

5 Paris, France. As overplayed as Paris is, it will always be a favourite with beautiful art galleries, the Eiffel Tower, and romantic boat cruises on the Seine River. There is so much to see, and even more to do. With wine tasting by day and walking by the world's most beautiful fountains by night, Paris will always give you that romantic feel for which you are looking.

For more information, please visit 2life.io/weddings.

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Jump on the nautical nuptials wave

DIANE TIERNEY
For Metro

Trista and Ryan Sutter of The Bachelorette TV show christened the Ruby Princess in 2008, which was followed by the wedding of contest winners Kip Hickman and Danielle Vurpillat. Gavin MacLeod, right, who played Captain Stubing on the TV show The Love Boat, gave away the bride. CONTRIBUTED

Get married on a cruise and you can say your "I dos" on a gorgeous Caribbean beach, spectacular Alaskan glacier, romantic Venetian gondola — or almost anywhere in the world. Or have your nautical nuptials in the ship's charming chapel or luxurious library.

There are many options when you choose a cruise wedding, which makes for an affordable, one-stop shopping wedding-moon that your entire group will enjoy.

Princess Cruises is a leader in cruise weddings, partly inspired by the 1980s TV show The Love Boat, where filming took place on several Princess ships. One of its ships, the Ruby, is a popular choice after it was christened by Trista and Ryan Sutter of The Bachelorette TV show.

Captains on some cruise lines can perform your wedding ceremony, but most lines need to book an official from the port you choose. Permission is generally based on where the ship is registered and what that country's government allows. Most Princess Cruises captains can marry you because the ships are registered in Bermuda.

A basic package starts at about $1,800 for the ceremony and $450 for the licence. However, the average wedding costs about $10,000, excluding the cruise cost and airfare for each person. But the sky is the limit, with some weddings costing tens of thousands of dollars for hundreds of guests.

For guests who can't attend, many couples use the ship's live wedding webcam to share their day with family and friends at home. The image refreshes every minute, enabling viewers to follow the proceedings as they happen.

Cruise lines are experienced with unusual requests and will do their best to make your wedding dreams come true. One couple invited Canadian Mounties, who created an arbour with their swords for the couple to walk under. Getting permission to bring the swords on the ship was a challenge, but it was approved with special conditions and made for dramatic photos. Another bride wanted a flower girl and ring boy as part of her ceremony, but since she didn't know of any, she asked if child actors could be hired or borrowed.

To arrange your nautical nuptials, visit princess.com or call 1-800-PRINCESS (1-800-774-6237).

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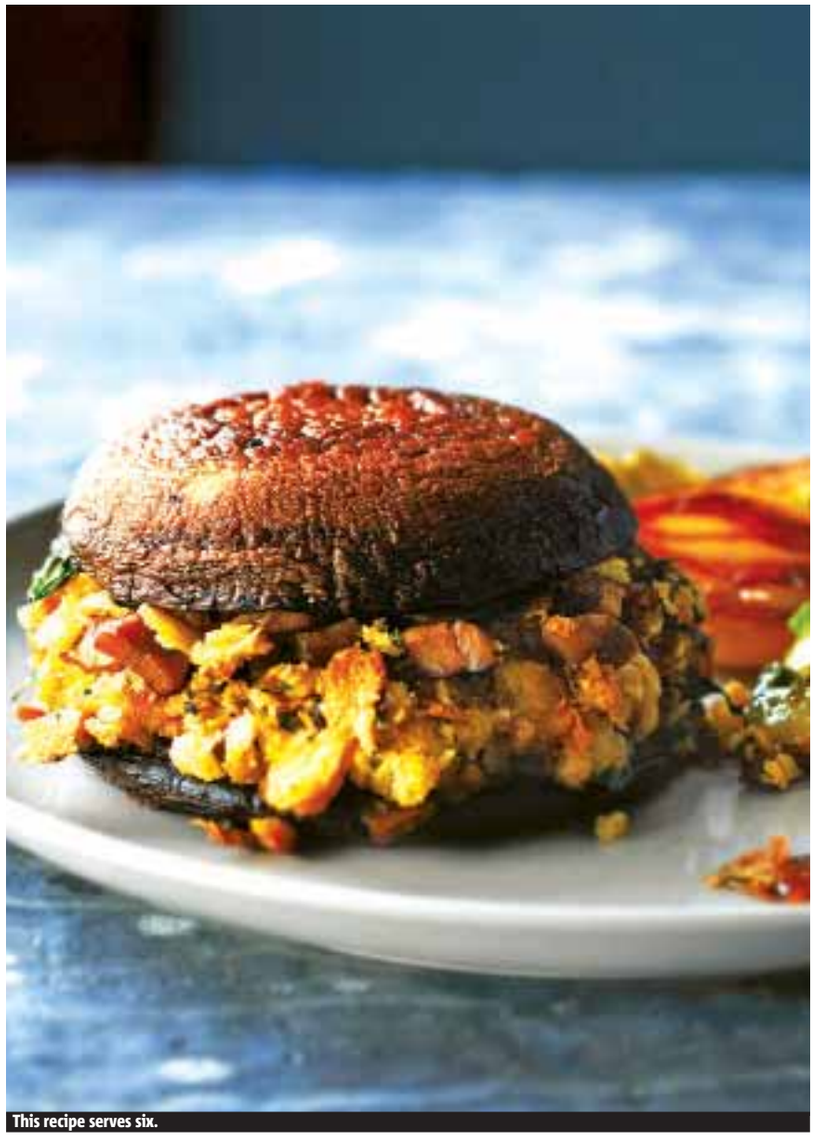
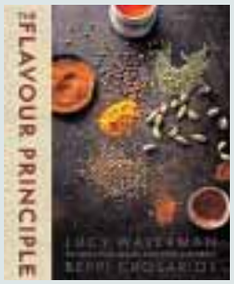
Chestnuts and portobello: A very earthy duo



This recipe serves six.

Cookbook of the Week

Shining the spotlight on taste



The Flavour Principle takes foodies back to the basis of food: flavour.

Indian curry spices, fiery Thai chilis, lemony citrus, smoky barbecue rubs — these are all flavours that make us passionate about food and drink.

In their book, Lucy Waverman and Beppi Crosariol examine about a dozen flavours through recipes and drink pairings.

The Flavour Principle features more than 30 gorgeous menus covering flavours from all over the world. METRO

The chestnuts add a rich earthiness to this dish and make the mushrooms that much more meat-like. Look for the largest, juiciest-looking portobellos for this dish. If your mushrooms are smaller, you may have extra stuffing; stir in half a beaten egg and bake in a gratin dish alongside your mushrooms.

Wine pairing

White Burgundy: Try this inventively woodsy, earthy dish with a nutty, mineral-laden white Burgundy (such as Macon or, if budget permits, Puligny-Montrachet) and bask in the subtle decadence.

Alternative: If you prefer red, uncork a Chianti.

Ingredients

- 12 large portobello mushrooms
- 125 ml (1/2 cup) olive oil, divided

Chestnut Stuffing

- 50 ml (1/4 cup) butter
- 250 ml (1 cup) chopped onions
- 250 ml (1 cup) chopped celery
- 5 ml (1 tsp) cracked fennel seeds
- 15 ml (1 tbsp) chopped garlic
- 575 ml (2 1/3 cups) vacuum-packed peeled roasted chestnuts (about 400 g/14 oz), chopped
- 1 l (4 cups) fresh bread crumbs
- 125 ml (1/2 cup) chopped fresh flat-leaf parsley
- 75 ml (1/3 cup) unsweetened apple juice
- Salt and freshly ground pepper, to taste
- Rich Red Wine Sauce (see below)

1. Heat oven to 220 C (425 F). Cut off mushroom stems flush with caps and chop. You should have about 375 ml (1 1/2 cups).

2. In a large skillet, heat 30 ml (2 tbsp) of the olive oil over high heat. Working in batches, add mushroom caps to pan and fry for 1 to 2 minutes per side or until just beginning to soften. Transfer gill side up to a baking sheet. Repeat with remaining mushroom caps, adding more oil to pan as needed. Set aside.

3. Melt butter in the same skillet over medium heat. Add onions, celery and fennel seeds and sauté for 10 minutes or until slightly caramelized. Add garlic, chestnuts and chopped mushroom stems and sauté for 2 minutes or until mushrooms are juicy. Remove from heat.

4. Stir bread crumbs and parsley into stuffing mixture. Add enough apple juice to moisten stuffing well. Season well with salt and pepper. Divide stuffing into 6 portions and place on top of each of the mushroom caps on the baking sheet. Top with remaining 6 mushroom caps, gill side down, to make a kind of sandwich. Do not totally enclose the stuffing. Roast for 15 minutes or until mushrooms are tender and stuffing is crisp around the edges. Serve drizzled with Rich Red Wine Sauce. BOTH RECIPES: THE CANADIAN PRESS/ THE FLAVOUR PRINCIPLE BY LUCY WAVERMAN AND BEPPI CROSARIOL. PHOTOGRAPHY BY RYAN SZULC. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD, 2013.

Condiment. Rich Red Wine Sauce

Pomegranate juice gives a wonderful colour to this sauce as well as a subtle flavour. This is similar to a beurre blanc sauce but made with red wine.

1. In a heavy pot, combine red wine, pomegranate juice, soy sauce and sugar. Bring to a boil over high heat, reduce heat and simmer for 10 - 20 minutes or until thickened. Remove from heat and stir in butter a few pieces at a time until fully incorporated and sauce is emulsified. Season with salt and pepper, to taste.

Ingredients

- 125 ml (1/2 cup) red wine
- 125 ml (1/2 cup) pomegranate juice
- 10 ml (2 tsp) light soy sauce
- 2 ml (1/2 tsp) granulated sugar
- 50 ml (1/4 cup) cold unsalted butter, cut in pieces
- Salt and freshly ground pepper

For your phone

Video Cookbook Pâtisserie (iPhone; free/ iPad; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

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Smart storage for small spaces

From inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: Although my condo is not small, I seem to have a lot of stuff and not enough storage. I need some ideas for keeping my stuff off the floor and hidden away.

A: For some people, "out of sight, out of mind" can be dangerous. Without seeing what you have, it could easily be forgotten.

Do you have a growing collection of vintage dishes or too many shoes and accessories? Perhaps it's time to purge some of your stuff instead of storing it somewhere.

But for stuff you don't want to get rid of, there are many places in our homes that are great for storing and displaying, from inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight.

Billy Bookcase (with doors), medium brown, $257, ikea.ca

Bed Lifts, $13, bedbathandbeyond.ca

Lift Storage Bench, $599, CB2.com

In the sofa

Looking for a new sofa? Choose one that offers a storage drawer under the seat cushion (similar to a trundle bed) or look for a sleeper sofa that offers storage with the mattress.

Under the bed

Elevate your bed an additional five inches to hide luggage pieces or storage drawers. Rarely used luggage makes for perfect out-of-season clothing storage.

Add an extra shelf in your closet. Hanging a shelf one foot off the floor will instantly give you double the shoe storage and hanging another shelf one foot below the ceiling will offer up extra storage for out-of-season dishes or specialty baking pans.

A seat with storage

The secret to an organized room is to make the furniture look like it's there for style, not storage. A padded top allows for extra seating in the foyer, at the end of the bed or along an empty wall.

Other ideas

- Tea cup hooks discreetly installed behind curtains are a great way to hide hanging scarves, necklaces and hats out of sight in a bedroom.
- Adding a 24-inch bracket or decorative floating shelf above your door entrances will help hold small containers or books.
- Think of your china cabinet for more than just dishes. A small-scale vintage cabinet can display books behind glass doors or store shoes below. Consider using vintage china cabinets in bedrooms, bathrooms or front foyer areas (use large ceramic jars on top for all sorts of inventive storage).
- Add doors to your bookcases to get the best of both worlds — to display and hide storage. Top with a piece of frosted glass or stone and you've got a truly custom storage unit with a useable top for serving or display.

3 easy ways to dress up a dull dresser

DIY. Don't let that old dresser gather dust in the basement — turn it into a fresh, creative storage piece or stunning focal point

Before slipping back into old habits and watching resolutions fade to memories, put your good intentions to work and transform an old dresser into a fresh and creative storage piece.

With as little as a drill, screws, a saw and some wood, it's easy to bring an old waist-high dresser gathering dust in the basement into the living-room limelight.

Finish with a splash of paint and that useless piece of furniture becomes a stunning new focal point.

Goodbye drawers, hello shelves

Create a more functional living room look by opening up the dresser and replacing the drawers with shelves.

Once the drawers and hardware are removed, creating shelves is as easy as installing mounts and cutting wood to size. For large objects such as storage baskets, remove multiple drawers and install one shelf.

Play around with colour palettes, including a two-tone design with a vibrant interior colour to brighten the space.

Say aloha to a new kitchen island

Kitchen storage is usually at a premium, and a temporary kitchen island can solve a lot of problems without committing to a full renovation.

Rehab Addict

- For more ideas on restoring old parts of your home, tune in to Rehab Addict, Tuesdays at 9 p.m. ET/PT on DIY Network Canada.

While this idea won't fly with a tall chest of drawers, counter-height dressers provide space for food prep and drawers for small kitchen gadgets. Removing the bottom drawers opens up a great hiding spot for clunky pots and pans.

For the countertop, consider either matching it to the kitchen's current design or going with wood to create a handy butcher block.

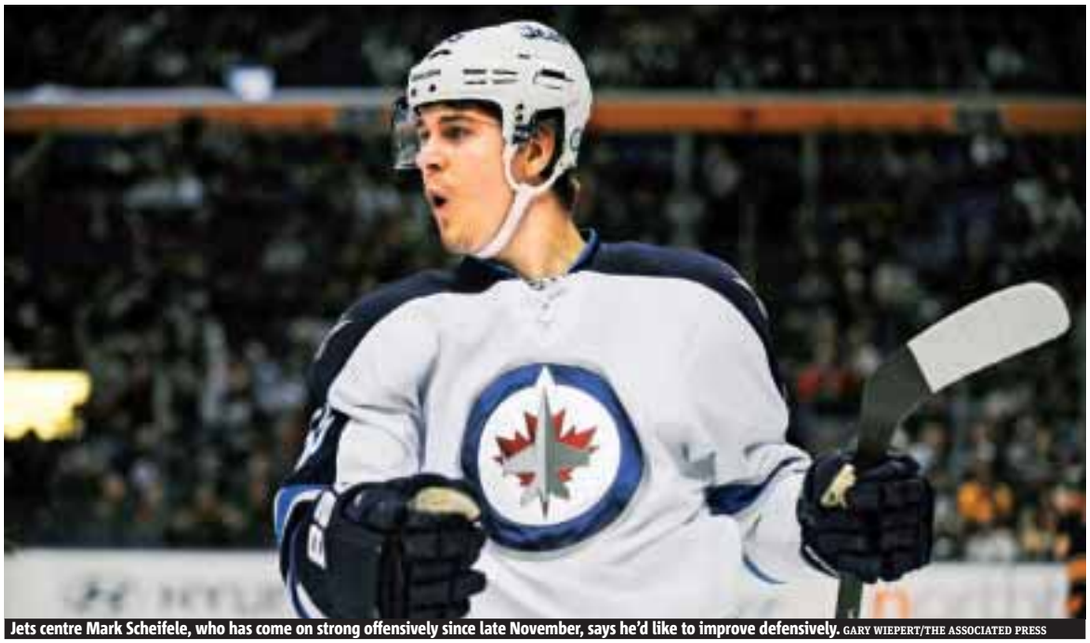
Take a load off with an entryway bench

Add some extra storage to your entryway while adding a place to sit for tying shoes. This design works best with a short and long dresser.

First, gut the upper half of the dresser by removing the drawers, their supports, hardware and the top. The sides and back can also be removed or kept in as a frame. Next, install a bench on top of the bottom drawers.

It may be necessary to install extra support beneath the bench depending on the dresser's design. Keep the bottom drawers for hiding winter gear like toques and gloves or outdoor toys such as Frisbees, baseballs and mitts.

Turn an old piece of furniture into a stunning storage piece. ISTOCK



Jets centre Mark Scheifele, who has come on strong offensively since late November, says he'd like to improve defensively. GARY WIEPERT/THE ASSOCIATED PRESS

Scheifele rounding out his flight plan

NHL. 20-year-old rookie maturing on both sides of the puck

He's come on strong offensively since late November and Winnipeg Jets rookie Mark Scheifele says it's been by focusing on "the simple things."

That may sound a little ironic to some, since it looked like the failure of many of his teammates to do just that contributed to Claude Noel's departure as head coach on Sunday.

Getting defensive

"You have to be a two-way player to play in this game. All the best centremen are unbelievable defenders, (Sidney) Crosby, (Jonathan) Toews." Mark Scheifele

But for the young centre, his diligence has paid off and pushed him into fifth spot on the NHL's rookie scoring sheet.

"I stuck to the process and just continued to do the simple things and I think that just contributed and I capitalized when I got the chance," Scheifele said after practice Wednesday.

Success breeds success and team captain Andrew Ladd credits the confidence Scheifele has gained over this, his first real season with the team, for helping him blossom.

"I think you can see that the confidence in his game has definitely taken a huge step," Ladd said. "A lot of times for young guys that's a big thing."

The simple things Scheifele, 20, does involve more than just getting the puck to the net. They include making sure the other team doesn't get to his net when he's on the ice.

"I think he's done a good job of trying to take care of his own end first and foremost which is, you know, usually tough for younger guys," says Ladd.

Scheifele, who was born in Kitchener, Ont., has 24 points this season on seven goals.

THE CANADIAN PRESS

MLB

Dodgers' Kershaw getting $215M for his K's: Report

Pitcher Clayton Kershaw agreed Wednesday to a $215-million, seven-year contract with the Los Angeles Dodgers, a person familiar with the negotiations told The Associated Press, a deal that makes the two-time Cy Young Award winner baseball's first player with a $30-million average salary.

The person spoke on condition of anonymity because the agreement had not yet been announced.

Kershaw receives the most lucrative deal for a pitcher, breaking the mark of $180 million set by Justin Verlander last March for his seven-year contract with Detroit. THE ASSOCIATED PRESS

NHL

Leafs get the better of rival Sabres

The fifth and final regular-season meeting between Toronto and Buffalo was marked by an offensive explosion and entertaining overtime that the Maple Leafs came out on top of 4-3 in a shootout for their third straight victory.

The Leafs and Sabres combined to score four goals in just over eight minutes during a second-period span.

James van Riemsdyk, Joffrey Lupul and Tyler Bozak all scored in the shootout for Toronto.

Phil Kessel, Nikolai Kulemin and Morgan Rielly had the Leafs' regulation goals, while Matt Ellis, Matt Moulson and Cody Hodgson scored for the Sabres.

THE CANADIAN PRESS

Penguins winger Chris Kunitz puts a shot on net against Capitals goalie Michal Neuvirth on Wednesday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Nothing's the Maatta with Penguins rookie's heroics

Olli Maatta's slapshot beat Michal Neuvirth with less than two minutes remaining and the Pittsburgh Penguins rallied past the Washington Capitals 4-3 Wednesday night.

Maatta's fourth goal of the season gave Pittsburgh its only lead as the Penguins won their 13th straight home game, a club record.

Jussi Jokinen, Taylor Pyatt and Kris Letang also scored for the Penguins. Marc-Andre Fleury stopped 25 shots to pick up his NHL-leading 27th victory.

On Wednesday

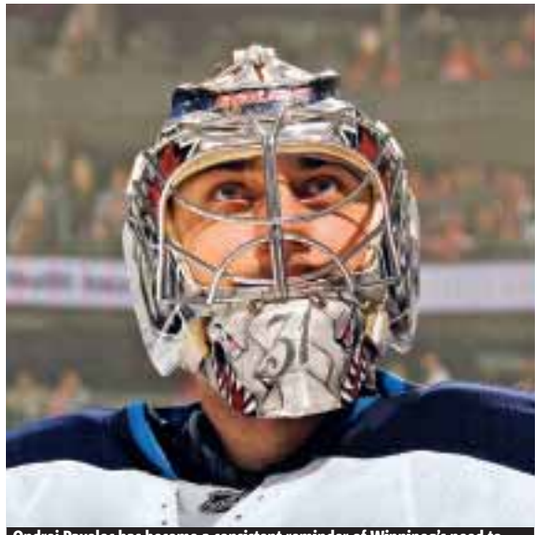
Penguins	Capitals
4	3

Alexander Ovechkin's 34th goal of the season gave Washington a 3-2 lead midway through the third period, but the Capitals collapsed over the final 10 minutes. Brooks Laich and Jason Chimera also scored for Washington, which lost for the seventh time in nine games. Neuvirth made 33 stops, but didn't see Maatta's blast from the point with 1:54 left.

THE ASSOCIATED PRESS

Jets' safe play now the ball and chain

THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca



Ondrej Pavelec has become a consistent reminder of Winnipeg's need to shake things up. BRUCE BENNETT/GETTY IMAGES FILE

Claude Noel needed to go, but Ondrej Pavelec is the heavier weight holding the Jets back.

Much of the blame has fallen on GM Kevin Cheveldayoff since he decided to swap in Paul Maurice on an interim basis. Cheveldayoff has done little in terms of personnel moves to boost his roster, but that's something you also want to be cautious of when you're managing a core of players this young. You don't want to bail before they hit their primes. In that sense, you can't really fault the GM for not trading away Evander Kane, Dustin Byfuglien, Tobias Enstrom, Blake Wheeler — or whoever — before at least trying a new voice behind the bench. But you can fault Cheveldayoff for two other things.

The first is that it took him so long to change the coach. Last season was the second time in two years that the Jets roster melted down the playoff stretch.

The second is his decision to lock down goalie Pavelec to a five-year contract. This, above all else, is the worst move the Jets have made and has had the biggest impact on their subpar fortunes.

The goalie makes $3.9 million against the cap, which on its own isn't a terrible number for a starter, until you consider Pavelec has played as well as a backup for the Jets, never finishing within the top 30 league-wide in save percentage. But the five-year term is the real sticking point here as it a) committed the team to a so-so goalie, and b) took them out of the market for better netminders who have since been made available.

Since Pavelec signed in June of 2012, Ben Bishop was traded for Cory Conacher (a high scoring rookie at the time) and a fourth-round pick, Cory Schneider was traded for the No. 9 pick and Jonathan Bernier was acquired by Toronto for Matt Frattin, Ben Scrivens and a draft pick. Each one is having a better year than Pavelec. The Jets could have swallowed any one of those asking prices if they needed to.

A slew of other goalies have also had their names appear in rumour mills since Pavelec signed. The goaltending position has been flush with available assets, and though it's impossible to say whether or not the Jets would have landed one of them via trade or some other route, they would have at least been in the running. They certainly would have felt the pressure to make a move, which could have expedited the process.

But because they invested in Pavelec, the Jets weren't serious players for any of these goalies. And today, the Czech netminder has an .898 SP, which is 23 points worse than backup — and recovery project — Al Montoya.

The Jets signed Pavelec because it was the safe thing to do, not the prudent one.

That characteristic has become all too familiar with the Winnipeg management team — one that's providing zero results.

NHL

Oilers deal Dubnyk, acquire Scrivens

It wasn't too long ago that Devan Dubnyk looked like the Edmonton Oilers' goaltender of the future.

After a couple of trades Wednesday, Dubnyk is now part of the past. The Oilers sent the 27-year-old to the Nashville Predators for forward Matt Hendricks, then acquired goalie Ben Scrivens from the Los Angeles Kings for a third-round pick in June's draft.

General manager Craig MacTavish told the Oilers' website that this was a culmination of a few phone calls and should provide a fresh start for both Dubnyk and Edmonton.

"We really felt for everybody it was a time for change with Devan," MacTavish said.

THE CANADIAN PRESS

Australian Open

Knapp put to sleep after 3-hour match

Maria Sharapova survived the searing heat and intense challenge from Karin Knapp to advance to the third round of the Australian Open with a gruelling 6-3, 4-6, 10-8 win in three hours, 28 minutes on Thursday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	46	29	15	2	132	102	60
Tampa Bay	47	28	15	4	136	113	60
Montreal	47	26	16	5	118	111	57
Toronto	49	24	20	5	136	149	53
Detroit	46	20	16	10	118	127	50
Ottawa	47	21	18	8	134	146	50
Florida	46	18	21	7	109	141	43
Buffalo	46	13	27	6	83	129	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	46	22	16	8	137	137	52
Philadelphia	47	24	19	4	125	132	52
N.Y. Rangers	48	24	21	3	119	126	51
New Jersey	48	20	18	10	112	118	50
Columbus	46	22	20	4	129	131	48
Carolina	46	19	18	9	111	130	47
N.Y. Islanders	48	18	23	7	132	156	43

Wednesday's results
Toronto 4 Buffalo 3 (SO)
Washington at Pittsburgh
Vancouver at Anaheim

Tuesday's results
Colorado 3 Chicago 2 (OT)
Dallas 5 Edmonton 2
Florida 4 N.Y. Islanders 2
Nashville 4 Calgary 2
New Jersey 4 Montreal 1
Ottawa 3 Minnesota 0
Philadelphia 4 Buffalo 3
San Jose 2 Washington 1 (SO)
St. Louis 2 Phoenix 1
Tampa Bay 2 N.Y. Rangers 1
Toronto 4 Boston 3

Thursday's games — All Times Eastern
Nashville at Philadelphia, 7 p.m.
Detroit at NY Rangers, 7 p.m.
San Jose at Florida, 7:30 p.m.
NY Islanders at Tampa Bay, 7:30 p.m.
Montreal at Ottawa, 7:30 p.m.
Edmonton at Minnesota, 8 p.m.
Los Angeles at St. Louis, 8 p.m.
Boston at Dallas, 8:30 p.m.
New Jersey at Colorado, 9 p.m.
Winnipeg at Calgary, 9 p.m.
Vancouver at Phoenix, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
St. Louis	45	32	8	5	163	100	69
Colorado	46	29	12	5	135	117	63
Minnesota	49	25	19	5	118	122	55
Dallas	46	21	18	7	132	141	49
Nashville	48	20	21	7	113	143	47
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	47	29	12	6	150	117	64
Los Angeles	47	28	14	5	120	96	61
Vancouver	47	24	14	9	123	115	57
Phoenix	46	21	16	9	135	143	51
Calgary	47	16	25	6	105	148	38
Edmonton	49	15	29	5	128	174	35

Note: Two points for a win, one point for an overtime or shootout loss (OL column).

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	37	48
Ovechkin, Wash	33	14	47
Toews, Chi	17	30	47
Okposo, NYI	19	27	46
Malkin, Pgh	12	34	46
Kessel, Tor	21	24	45
Hall, Edm	18	27	45

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
AFC — New England at Denver, 3 p.m.
NFC — San Francisco at Seattle, 6:30 p.m.

SUPER BOWL XLVIII

Sunday, Feb. 2
At East Rutherford, N.J.
AFC vs. NFC champions, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	30	7	.811	—
d-Miami	27	11	.711	3½
Atlanta	20	18	.526	10½
d-Toronto	19	18	.514	11
Washington	18	19	.486	12
Chicago	18	19	.486	12
Detroit	16	22	.421	14½
Brooklyn	15	22	.405	15
Charlotte	16	24	.400	15½
New York	15	23	.395	15½
Cleveland	14	24	.368	16½
Boston	14	26	.350	17½
Philadelphia	13	25	.342	17½
Orlando	10	29	.256	21
Milwaukee	7	31	.184	23½

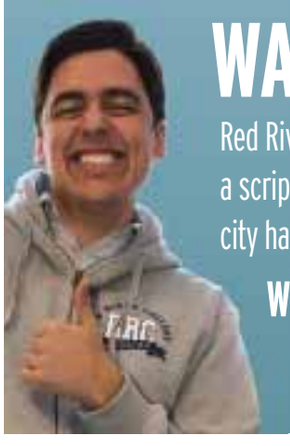
WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	30	8	.789	—
d-Portland	28	9	.757	1½
Oklahoma City	28	10	.737	2
d-L.A. Clippers	26	13	.667	4½
Houston	25	14	.641	5½
Golden State	25	14	.641	5½
Dallas	23	16	.590	7½
Phoenix	21	16	.568	8½
Denver	19	18	.514	10½
Memphis	19	19	.500	11
Minnesota	18	19	.486	11½
New Orleans	15	22	.405	14½
L.A. Lakers	14	24	.368	16
Sacramento	13	23	.361	16
Utah	13	26	.333	17½

Wednesday's results
Boston 88 Toronto 83
Chicago 126 Orlando 125 (3OT)
Memphis 82 Milwaukee 77
Philadelphia 95 Charlotte 92
Washington 114 Miami 97
Utah at San Antonio
Sacramento at Minnesota
Houston at New Orleans
L.A. Lakers at Phoenix
Cleveland at Portland
Denver at Golden State
Dallas at L.A. Clippers

Tuesday's results
Charlotte 108 New York 98
Cleveland 120 L.A. Lakers 118
Indiana 116 Sacramento 92
Memphis 90 Oklahoma City 87

Thursday's games — All Times Eastern
Brooklyn at Atlanta, 3 p.m.
New York at Indiana, 7 p.m.
Oklahoma City at Houston, 9:30 p.m.



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WINDCITY.TV

Weather

TODAY	FRIDAY	SATURDAY
MAX: -10° MIN: -20°	MAX: -10° MIN: -13°	MAX: -2° MIN: -7°

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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5						3	8	
	8	3			4			
		2			6	7		
3				6			1	
	7	9				8	6	
	2			3				9
		6	1			9		
			7			2	4	
	4	5						8

Yesterday's Sudoku

8	3	2	5	7	9	1	6	4
4	9	7	2	1	6	3	5	8
6	1	5	4	3	8	7	9	2
2	8	1	3	5	7	6	4	9
7	5	4	6	9	1	2	8	3
9	6	3	8	2	4	5	1	7
5	7	9	1	4	2	8	3	6
1	2	8	9	6	3	4	7	5
3	4	6	7	8	5	9	2	1

Horoscopes

♈ Aries
March 21 - April 20
Be honest with friends today, even if what you have to tell them is not what they want to hear. Having said that, maybe what you think is bad news is good news in their opinion.

♉ Taurus
April 21 - May 21
Any plans you make now are under the influence of the full moon, so try not to take them too seriously. A lot depends on whether you made them rationally or emotionally.

♊ Gemini
May 22 - June 21
Your ideas are as good as anyone else's but for some reason you think you are not as smart as your rivals. They may have fewer self-doubts but where intelligence is concerned you are out in front.

♋ Cancer
June 22 - July 23
You may have a hard time controlling your emotions today but in a way that's good because, as usual, you have been keeping your feelings bottled up inside. Shout and scream if you have to.

♌ Leo
July 24 - Aug. 23
Don't take it personally if loved ones are hard to get through to today. It seems they have a lot on their minds. If there are issues you need to discuss, wait until tomorrow when they won't be so worried by life.

♍ Virgo
Aug. 24 - Sept. 23
Keep your ideas to yourself and stay tight-lipped even if your best friends ask what you are up to. That applies just as much on the work front. The less that others know, the better for you.

♎ Libra
Sept. 24 - Oct. 23
Someone who envies your calm demeanor will turn up the heat today in the hope that you will start to sweat, but what they don't know is that you thrive on this sort of pressure. Not even today's full moon can crack your composure.

♏ Scorpio
Oct. 24 - Nov. 22
Don't get upset if others don't seem interested in what you have to say. It's unlikely you will get much sense out of them over the next 24 hours. If you want intelligent conversation, talk to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Your words will carry more weight if you keep what you have to say to the point. Don't bother with explanations, just say what you mean and leave no one in any doubt that you mean what you say.

♑ Capricorn
Dec. 22 - Jan. 20
Some people may not deserve your assistance but as the moon is full in your opposite sign, you should be considerate. However, don't be so considerate that you let slip information that could help rivals get rich at your expense.

♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon urges you to get your head out of the clouds and focus on the facts. You will have to tighten your belt financially over the next few weeks but it will only hurt if your attitude is wrong.

♓ Pisces
Feb. 20 - March 20
You may find it hard to stay focused today. You are advised to stop trying and let the cosmic winds blow you where they will. All roads lead to where you are destined to be. Why struggle? **SALLY BROMPTON**

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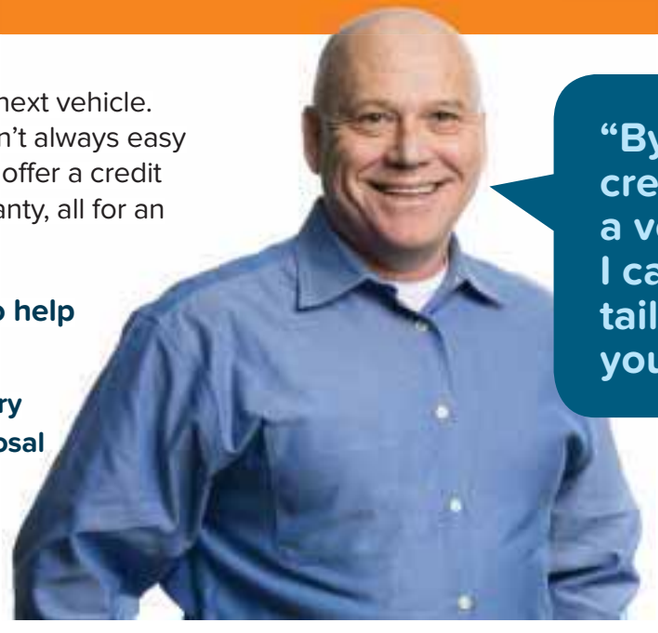

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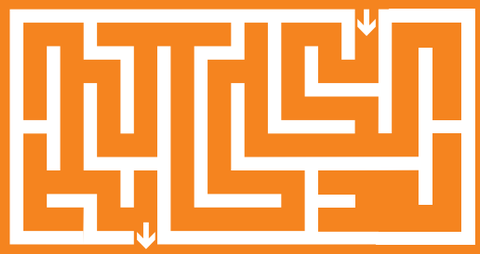


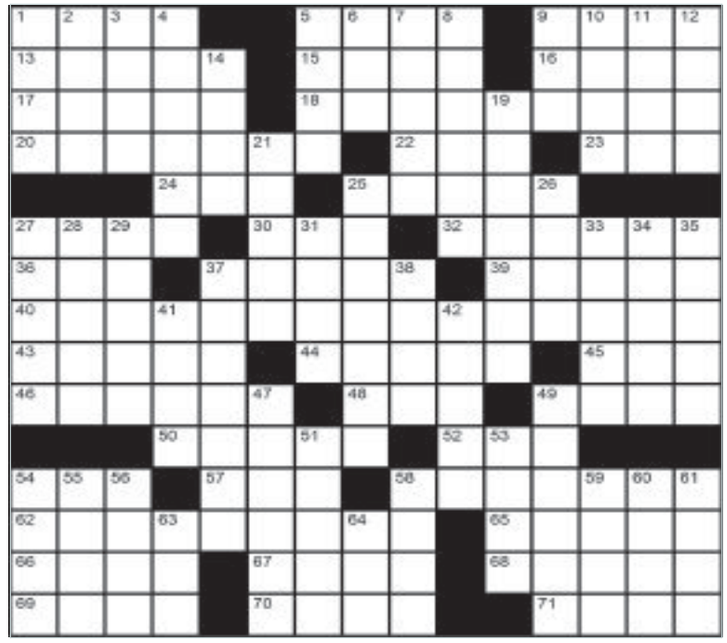
Birchwood Credit Solutions

Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Canadian singer of "Can't Choose" feat. Kardinal Offishall
5. NHL officials
9. Heel height unit
13. Overseas moneys
15. Medley
16. Casanova
17. Express
18. Canadian talk show icon who early on piloted a helicopter as a traffic reporter: 2 wds.
20. "SCTV" polka duo, The __ Brothers
22. Certain constellation
23. She's opposite
24. Dietary letters
25. Actress Sharon
27. Pairs
30. Lady's love
32. F's music equivalent, _ __
36. Bob & Doug interjections
37. WWI: Canada's coming of age on the world stage
39. Pointing-an-arrow person
40. Route 99's other name in BC: 4 wds.
43. Popeye creator, E.C. __
44. White wine of Italy
45. Fuss
46. Smart __ (Wise guys)
48. Which person?
49. Martha of "Some Came Running" (1958)
50. Writer, Madame de __ (b.1766 - d.1817)
52. Actor Stephen
54. Elvis record label
57. Not their
58. Needle
62. CBC, e.g.: 2 wds.
65. People of the Arctic
66. Fever symptom
67. Novelist Ms. Ferber
68. Canadian lingerie retailer, La __
69. Autoshop repair
70. Rockefeller Center muralist
71. "Begone!"

Down

1. Ms. Simpson, to pals
2. Baseball's Babe
3. Apothecary weight
4. Diarists
5. Drove
6. Yalie
7. Last
8. Evening party
9. Pique
10. Chris of "Sex and the City"
11. Aww-inspiring :)
12. Canadian luggage brand since 1986
14. Post
19. The Northwest __
21. Heaves
25. Englishman Archibald Belaney (b.1888 - d.1938) ...during his life in the Ojibwa culture in Canada: 2 wds.
26. __-Tzu
27. W Network's current docu-series "__ & Scott" about Canada's ice dancing champs
28. Tire
29. Meryl Streep/Julia Roberts movie, "August: __ County"
31. Annoys
33. Direct selling company
34. Novelist Charles' bookish surname (b.1814 - d.1884)
35. Comic legend Richard
37. Saskatchewan city
38. Ex-ruler of Iran
41. Tie accessories
42. Soap brand
47. Food toppers
49. Metric singer Emily
51. Show wear due to wind and rain
53. Greek goddess of discord
54. Carangid fish
55. Press
56. Sentence part
58. Tiff
59. Now, to Nero
60. Pyramids place
61. Louisiana, for one, in French
63. Drenched
64. Time off, slang-style

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- Don

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